

18 WELLBEING HACKS FOR STUDENTS

NOTICE

HACK 1:

Name your emotions

Develop your emodiversity by widening the range of emotions you notice and name

HACK 2:

Eat something you're looking at

Practice mindful eating – getting out of autopilot and focusing your attention on what you're eating, without judgement

HACK 3:

Watch your thoughts

Identify and change unhelpful thinking patterns, such as fortune telling and catastrophising

HACK 4:

Write yourself a lifeline

Take time to clarify your life story by looking for patterns in the good and bad experiences you've had

HACK 5:

Use music on purpose

Take time to notice how the music you listen to affects your emotions and shapes your identity

HACK 6:

Positive Relationships

Take time to notice how you feel when you communicate with different people.



ENERGISE

HACK 7:

Paint your broken edges gold

Use the ancient Japanese art of Kintsugi to celebrate the imperfections that make you beautiful and unique

HACK 8:

Sleep for eight hours

Use sleep to re-tune your ability to react to emotional experiences

HACK 9:

Stand on a desk

Challenge yourself to try out new experiences and become more flextrovert

HACK 10:

Take a forest bath

Immerse yourself in nature – this is called shinrin-yoku in Japan, which literally means forest bath

HACK 11:

Do (almost) nothing

Spend time on an undemanding task, such as doodling or aimless walking, to free-up the creative parts of your mind

HACK 12:

Take an exercise snack

Take a short walk, of just a few minutes, to improve your mood and help creativity

HACK 13:

Breathe tactically

Slow your breathing to override the body's fight or flight response and help you de-stress



CONNECT

HACK 14:

Stop liking people

Stop 'liking' social media posts and speak to people instead.

HACK 15:

Join (or leave) a group

Invest your time in a group that makes you feel valued and, if it doesn't, leave it

HACK 16:

Ask someone if they're okay – twice

Asking someone if they're okay a second time shows them you're not just being polite – you really do care

HACK 17:

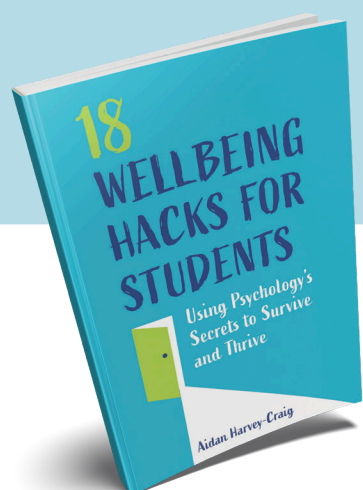
Thank your way out of chaos

Take time each day to think of things you're grateful for

HACK 18:

Hug someone real

Hold hands and hug people you trust



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WELLENZ
— WELLBEING HACKS —

